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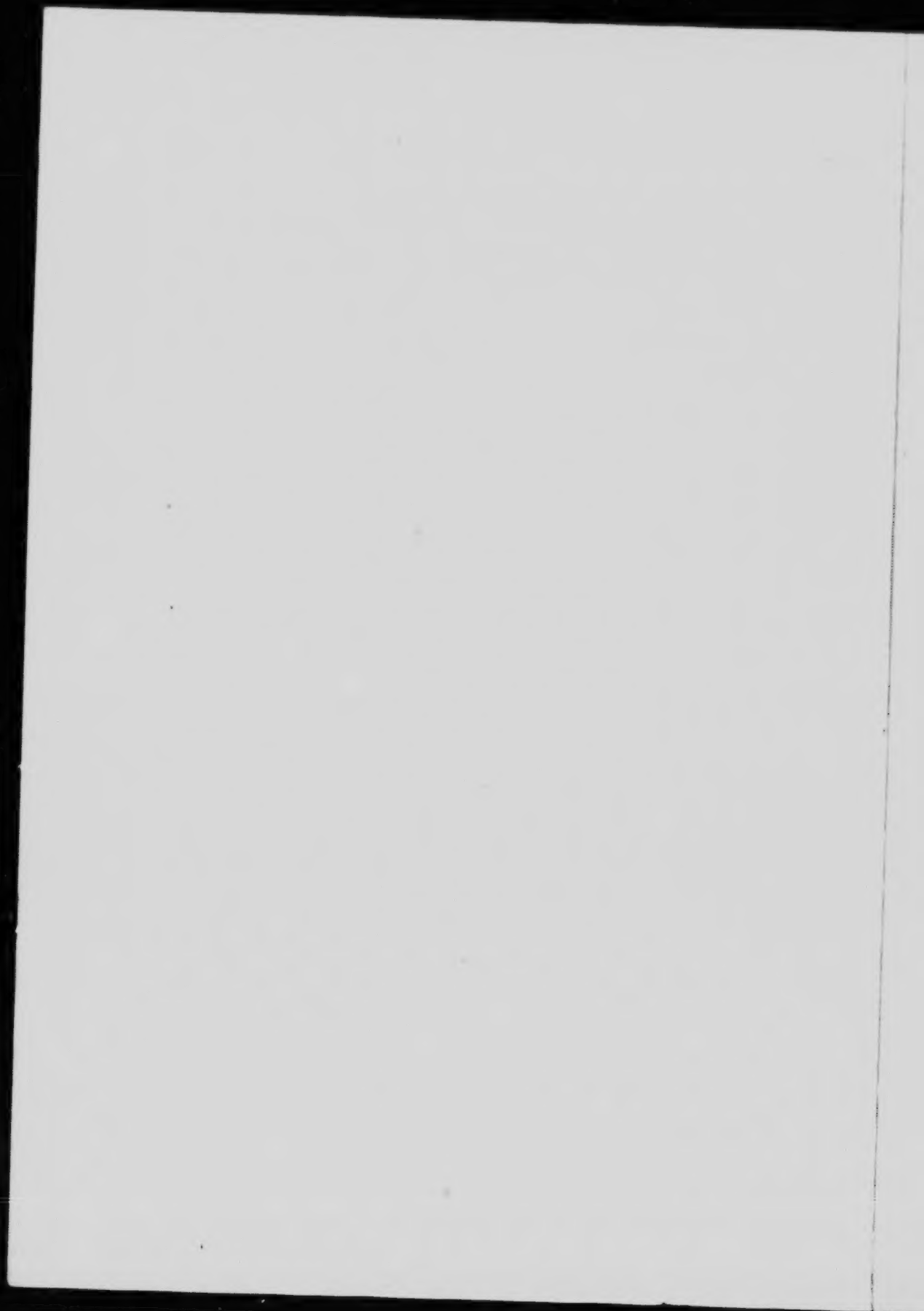
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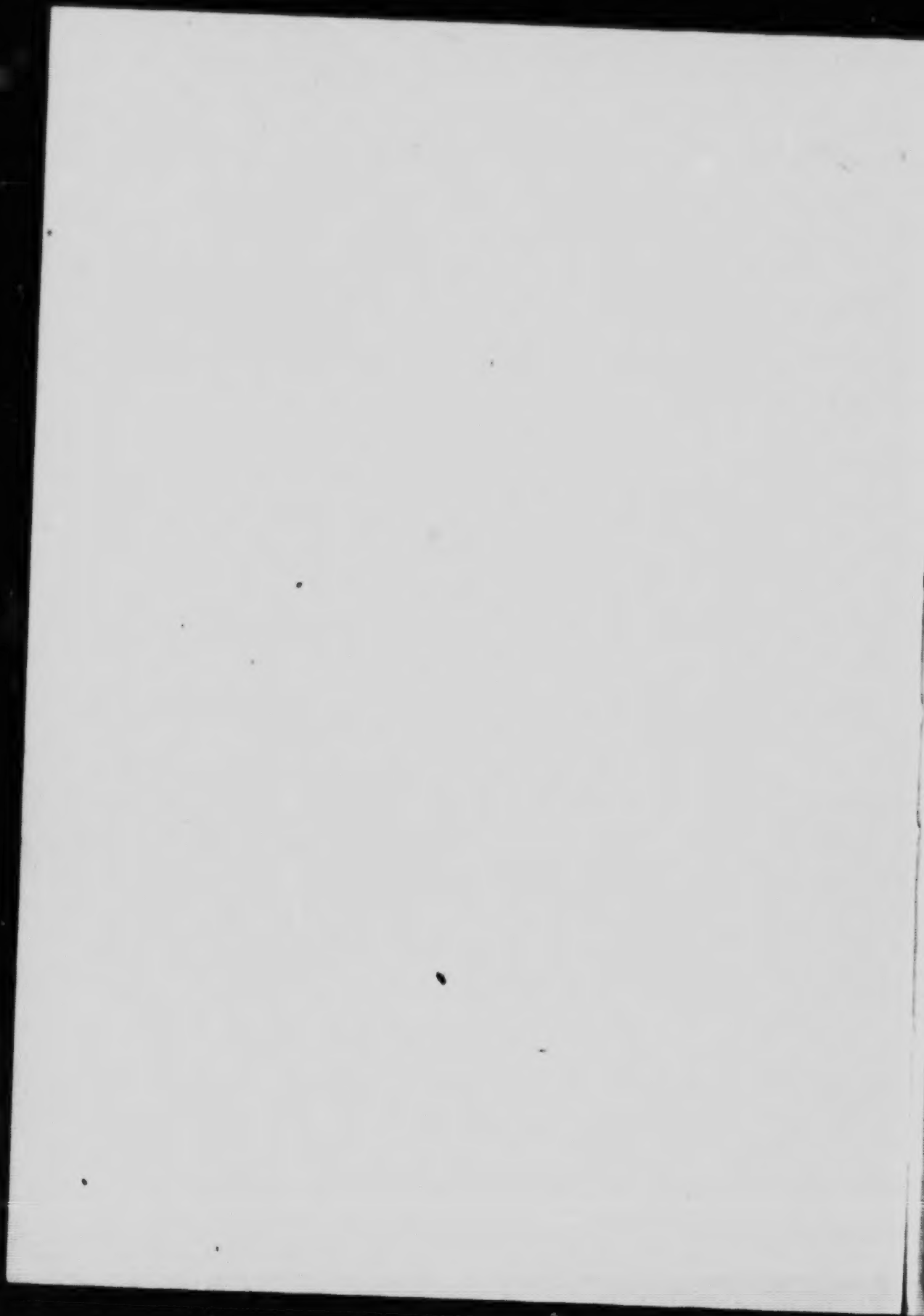
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"NEARLY READY"

"Dame Curtsey's" Book of Candy Making

By

Ellye Howell Glover

Author of "Dame Curtsey's" Book of Party Pastimes, etc.



**TORONTO
McCLELLAND & GOODCHILD**

**Chicago
A. C. McClurg & Co.**

1913

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Published October, 1913

FOREWORD

THE WORD candy is a universal one, although English children say "sweets," "sugar plums," and "lolly pops"; they make "toffee" out of our "taffy" and there are no plums in the sugar—but they all know what "candy" means. In France, the children ask for "bonbons," meaning "goodies," and they also call "sugar plums" "dragees," derived, so it is said, from Dragatus, who was a famous candy maker in ancient Rome. With all its variations of name every one, old and young, rich and poor, likes candy, some very much and some very little, and this book has been compiled to assist the housewife, the college girl and the very inexperienced person in concocting just the right sweet for the occasion when candy is necessary. It is not a scientific treatise, but the rules are all practical and if followed exactly will give pleasing results.

The courtesy of The Pilgrim Press is acknowledged for permission to use the recipe for "Turkish Delight," taken from *The Peasantry of Palestine*.

There is much profit in candy making and the recipes herein are both simple and elaborate, and may assist some one to make a comfortable living.



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"Dame Curtsey's" Book of Candy Making

I.—THE GENTLE ART OF CANDY MAKING

THE making of candy may well be classed among the "fine" arts, for it is an accomplishment of which anyone may be proud. At a bazaar, confections that are home-made always find a ready sale, and many a woman is making her living, and a generous one, too, by manufacturing bonbons that are known to be pure.

Children should not be denied "sweets," for in limited quantities, at the proper time, they have an accepted food value.

It may be news to many that the word "candy" comes to us from the Orientals, who have used sweetmeats and sugar from the very remote ages. The Hindustan *Khand* and the Arabic *quand*, as well as words of similar sound in other eastern languages, signify "sugar," and are traceable to the Sanskrit word *Khanda*, meaning a portion or piece. The definition of candy in its strictest sense limits it to "any confection having sugar as its basis, however prepared." The Turks were among the first candy makers in the world. They have unusual

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ways of seasoning and unusual formulas. Much stress is laid upon mixing ingredients and there is a deliciousness about some of their concoctions that is never equaled elsewhere. The famous Turkish paste is well known, and has honey for its basis with the most delicate rose flavoring.

America is now the largest producer of candy in the world, although Germany and France are close seconds. The French word "Bonbon" is now commercialized and in use everywhere, likewise "confectionery," which comes from the Latin *conficere*, to compound, and really means all food preparations that have the nature of sweet meats or sugar as the chief ingredient.

Druggists were the sole makers and vendors of candy in Europe in those early days, and we find them on record in the year 1581 in Nuremburg, entering a protest against the encroachment upon their rights by other persons engaged in trade, in a resolution like this:

May it please the Honorable Council to lend ear to our complaints and in conformity therewith to see fit, in such a manner to protect our interests, that henceforth we shall not be unduly oppressed by the physicians, and that each of us shall be enabled to enjoy the just results of his labors. The following, Honorable Sirs, forms the substance of our complaint;

1. The sale of all confections, formerly dispensed by us, has now fallen into the hands of the sugar dealer.

So it is quite natural that the druggists of today carry a side line of candies. After the novice has experimented a few times it will be an easy matter to succeed, for with

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candy making, as with everything else, "practice makes perfect."

There are these rules to follow: first, a clear day, rain and dampness affect the sugar and the boiling, the same as in jelly making, and the most difficult thing is the boiling, but it is no harder than learning to bake properly. A thermometer will be found of use if one has any idea of going into business and it is a sure aid to the amateur as well as to the professional. All measurements should be level, and if cream of tartar is used, it must be freshly sifted. Three pounds of sugar is sufficient to manage at once, and it is better to make several times than to try to double the recipe. Ice water should be used in making the tests.

The following utensils help facilitate the work: a spatula such as druggists use, or a well-worn case knife with the blade keen and thin; a kettle of copper or unbroken graniteware, and a candying pan, made of block tin, measuring about 14x8 inches and 2 inches deep. Have a funnel-like tube in one of the corners. A marble slab is a great help and one may be found on some discarded bureau or washstand of the olden days; this will serve the purpose. A candy hook may be made at the blacksmith's and should not cost over a quarter; any iron hook will do if it is not painted or varnished. It must always be kept greased so it will not rust. A wooden or aluminum spoon is best for stirring.

Recipes usually tell to what degree the syrup should be boiled, and it is well to remember that after boiling begins

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not to stir or the sugar will be apt to "grain." Dip the spoon into the liquid and let it drop, watching to see if it spins a thread; this is called the first degree, and if a thermometer is used it should register 220 degrees. Next comes the "soft ball" stage and is found by having a cup of ice water, dropping in a bit of the syrup and if it can be worked into a soft ball with the thumb and finger it is ready to come off and the thermometer should register 240. The "hard ball" test is made the same way, with the thermometer at 252. Just the plain "crack" state is when the ball cracks under the fingers, going right back to the "hard ball" consistency (thermometer 260°); and the "hard crack" is when the syrup is very brittle and does not stick to the teeth, thermometer is 290. When making taffy, it is a good scheme to grease the kettle with butter around the top and the molasses will not boil over that point. A lid should be placed under the candy when it is nearly done to prevent scorching.

A gift of home-made candy is always acceptable, and may be given at Christmas and on birthdays when nothing else will do.

The little frill paper cases for bonbons which give a finished, trim appearance to a box of confectionery, can be purchased for a cent or two a dozen. Paraffine paper should be used to line whatever receptacle the candy is put in, and a little practice will enable the home manufacturer to fold caramels neatly in little squares of it.

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II.—FONDANT

FONDANT is the basis of all cream candies, and once having mastered the art of making it, all the combinations will be plain sailing. In making chocolate creams, the fondant must be moulded into the desired shape and allowed to stand several hours, or even over night, before dipping. Chopped nuts and fruits may be added to the cream and a great variety of candies be made up from one batch of fondant.

For dipping always use the unsweetened chocolate, and if a rich bitter flavor is desired just melt the plain chocolate in a porcelain bowl over a boiling tea kettle and dip the creams in with a two-tined fork when the liquid state is reached. Lay them on sheets of brown paper if paraffine or waxed paper is hard. They will peel right off of the brown paper.

If a milder or sweet coating is desired take one-half a pound of fondant in a double boiler, add two squares of sweet chocolate and three tablespoons of hot water, stir until well mixed, then remove to the table and dip the cream. As this hardens or thickens, it may be reheated and a very little hot water added, about one tablespoonful.

Chocolate, just for dipping, may be purchased in bulk form. Coloring and flavoring should not be added to fondant until it is ready to make up.

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How To Make Fondant

2 cups of granulated sugar.

$\frac{1}{4}$ teaspoon of cream of tartar.

1 cup of boiling water.

LET the ingredients stand in an agate or porcelain lined kettle for ten minutes, stir so that the sugar will dissolve and let it come slowly to a boil. Wipe all granulations carefully from the side of the kettle with a clean white cloth or a sponge kept for this purpose. Counting from the time active boiling begins it should take just six minutes to bring the "soft" ball stage. Pour on a buttered dish or marble slab and let it stand until you can bear your finger in it. Stir with a wooden spoon with a circular motion until the mixture is a creamy white mass. Pour onto a moulding board sprinkled with confectioners' sugar and knead until perfectly smooth. Place in a bowl covered with a damp cloth and set in a cool, dry place for four hours. It is then ready for use. It will keep for several days.

If, by any chance, the mixture becomes a hard, granulated mass, too stiff to knead, add a half a cup of hot water and boil over again; if the fondant should turn out too soft to work, it has not cooked long enough and must be boiled once more.

When just right, the fondant should look like lard, which can be cut with a knife and should melt in the mouth leaving absolutely no grain.

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Fondant No. 2

2 cups fine granulated sugar.
 $\frac{1}{2}$ cup boiling water.
 $\frac{1}{8}$ teaspoon cream of tartar.
 $\frac{1}{8}$ teaspoon of glycerin.

USE a new granite boiler. Stir, and bring to the boiling point. Boil rapidly, without stirring, until a jelly-like ball is formed in cold water. Pour into a bowl, cool slightly, then stir and beat until white and creamy. Turn on a platter, and knead until smooth. Return to bowl, cover with paraffine paper, and let stand twenty-four hours. Heat until melted in a dish placed in a saucepan containing boiling water. Flavor and color as desired. Fondant may be used for dipping small cakes, frosting larger ones, or making bonbons.

Fondant No. 3

1 lb. XXXX sugar.
 $\frac{1}{2}$ cup water.

BOIL the sugar until the syrup will spin a heavy thread when dropped into cold water. Carefully pour it out on a large platter. When cool enough to bear your finger in it stir the mixture rapidly until it is soft, white and creamy. Dust your bread board with XXXX sugar, turn the mixture on it, and knead it as you would biscuit-

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dough until it is very soft and smooth. It is now ready for use.

Fondant is the basis of all cream candy.

Having made the foundation candy, dates and walnuts, candied cherries, figs, raisins, bits of pineapple, chocolate for creams, and a little almond paste will yield a large assortment of fancy candies. For cream walnuts the lump of fondant should be of moderate size, and well shaped, the nut-meats sound and whole. With dates and cherries, the fruit should almost hide the sugar. As it is slow work shaping the creams, the nut or fruit bar will save time. Chop or cut fine nuts or fruits, knead into the fondant and press into a box lined with paraffine paper. Several layers of different color and flavor may be added, and afterward cut in strips or cubes.

III.—COOKED FONDANT RULES

Delicious Peppermint Candies

PEPPERMINT patties are made by breaking off a piece of firm fondant and placing it in a cup set in boiling hot water; add one or two drops of oil of peppermint and stir until somewhat melted; take it out of the water and stir until smooth; drop quickly from a spoon, or with a funnel and stick, or in any way desired, on waxed paper in drops about the size of a silver dollar. When the candy gets too thick to work this way put the cup back in the water and let it melt again. If it will not get soft enough one or two drops of water can be added, but be careful not to use too much. In an hour these patties should be ready to eat, but they may require a little more time. If allowed to stand over night they will probably be found all right; if not, take them up and melt again. These are never hard enough to pile in a dish and leave in a warm room. Their nicety consists in having them very delicate in flavor and color. Winter-green patties are made pink with a fruit coloring, strained cranberry jelly, or any harmless red coloring, flavored with oil of wintergreen.

Bonbons

THE centers of bonbons are made of fondant, flavored, mixed with cocoanut, chopped nut meats, glacé cherries,

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or the like, then shaped in small balls. Balls should be covered and allowed to stand overnight, then dipped the following day. To dip bonbons, put fondant in saucepan, and melt over hot water; then color and flavor as desired. During the entire dipping it is necessary to keep fondant over hot water. Drop centers in fondant, one at a time, stir until covered, remove to oiled paper. Stir fondant to prevent a crust from forming.

Dipped Cream Mints

MELT fondant in top of double boiler, and flavor with a few drops of oil of peppermint, wintergreen, clove, or cinnamon. Remove from over hot water, stir occasionally, and when cool turn on a marble slab or board dredged with confectioners' sugar, having mixture about one-fourth inch in thickness. Shape with a small, round cutter dipped in confectioners' sugar, cover and let stand overnight. In the morning dip in melted fondant, flavored same as mints and colored with vegetable coloring. For the dipping use a three-tined fork or confectioners' dipper. Remove to paraffine paper. Keep utensil containing fondant over saucepan of hot water.

Chocolate and Maple Patties

TO MAKE chocolate patties, melt some of the softer fondant in a cup and add some finely-cut chocolate, bitter

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or confectioners'; if too thick to drop add a few drops of water. These can be flavored if desired and usually will be found harder than the peppermint or wintergreen patties. Chocolate peppermints are made in the same manner as peppermint patties, as described above; when hard each one is dipped in confectioners' chocolate which has been melted over steam.

Maple patties are made by cutting up two cupfuls of maple sugar, adding one cupful of cold water, and just a speck of cream of tartar dissolved in water, and cooking like plain fondant. When cold melt and drop like the other patties.

Marshmallow Bonbons

Cut some fresh marshmallows in halves. Have ready a quantity of freshly grated cocoanut. Melt some fondant, color it a very pale lavender and flavor delicately with violet vanilla extract—other coloring and flavoring may be used. Dip the marshmallow halves in the melted fondant until well coated, lift out and roll in the freshly grated cocoanut.

"Irish Potato" Creams

For these unique little bonbons, cut some blanched almonds or Brazil nuts into thin, match-like strips. Grate fine some almonds or Brazil nuts or a mixture of various

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kinds of nuts. Add these to fondant in a sufficient quantity to make a rich paste. Break off pieces about the size of a hickory nut and mould into oblongs an inch or more long. Roll the pieces in ground cinnamon, then stick in the strips of nuts, allowing small ends to stick out like the eyes of a potato.

A novelty for Saint Patrick's day.

Nut Candy

CROP a cup of almonds and mix with the fondant; make into bars and cut in slices.

Chocolate Creams

MAKE the fondant into balls, melt three squares of chocolate; put a ball on a skewer or a fork, and dip into the chocolate and lay on waxed paper.

Walnut Creams

PRESS two walnut halves on small balls of fondant, one on either side.

Creamed Dates

WASH, wipe and open the dates; remove the stones and put a small ball of fondant inside each one; press lightly together so that the cream will show.

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Coffee Walnuts

MAKE French cream fondant in the usual way and flavor it with extract of coffee. Pull it into little pieces, flatten them out between the fingers, and press on each side of these rounds halves of shelled English walnuts.

Fruits Dipped in Fondant

MELT a half a pound of fondant in a double boiler. Add two tablespoons of water and flavor with a few drops of vanilla, lemon or whatever is liked best. Take the boiler from the fire to the table and dip the fruit, one piece at a time, into the mixture. Put on paraffine paper to harden. If one coating is not enough let it cool and dip over again. Cherries, strawberries, oranges and white grapes may be done in this way. To dip oranges, divide in sections carefully without breaking the skin, and in using grapes and cherries leave a bit of the stem attached. Have the fondant quite cool for strawberries so as not to start the juice.

Nut Balls

COVER candied cherries with a thick coating of fondant; dip in melted fondant and roll in chopped nuts. Place on paraffine paper to harden.

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Nut Fondant Square

Mix chopped nut meats with some fondant, then roll it out carefully into a sheet half an inch thick. Then with a sharp knife cut into squares the size and shape of caramels. Stand these caramels in a tin box, or wrap each one in a square of waxed paper. These will keep three weeks if put in a cool place.

College "Blutwurst"

GRATE three cakes of German sweet chocolate; mix in half a pound of confectioners' sugar; set over hot water, and, when partly melted, stir in two eggs, yolks and whites. Beat well, return to the fire and continue beating over water till the ingredients are well blended. Then stir in a quarter of a pound of blanched almonds. Set it off the fire to cool, and when it can be worked mould it in the shape of a "wurst," wrap it in paraffine paper, and by next day it can be cut.

IV.—FRENCH CREAM FONDANT.

(Uncooked)

WHEN time is at a premium and candy must be forthcoming, try making the uncooked French cream. It is really delicious and if eaten soon after making (within a few days) the bonbons are very satisfactory. The variety is almost endless, and they who know say this confectionery is just the thing for "sales" and for large holiday parties when time is a great factor in all our doings. Two hours is sufficient for the cream to stand before making up into chocolates or whatever is desired.

Do not let the grocer make a mistake and send pulverized sugar; it must be triple XXX, known as confectioners', and nothing else, for the powdered sugar has a decided grain, while the other is very soft like flour. Before using, if it should be lumpy, roll smooth with a rolling pin. Here is the infallible recipe, and children who love to do things, especially when it comes to candy making, may be entrusted with this rule, which is very simple. Made one day, these candies are ready to eat the next, or early morning work will furnish goodies for the afternoon or evening.

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Rule for French Vanilla Creams

BREAK into a bowl the white of one or more eggs, according to the quantity you wish to make, and add to it an equal quantity of cold water; then stir in XXX powdered or confectioners' sugar until you have it stiff enough to mould into shape with the fingers. Flavor with vanilla to taste. After it is formed into balls, cubes, or lozenge shapes, place upon plates or waxed paper and put aside to dry. This cream is the foundation of all the French creams.

Almond Creams

MAKE an oblong roll of French cream and press into the side of it an almond meat; or blanch and chop the almonds and mix them through the cream.

Chocolate Cream Drops

TAKE French cream and mould into cone-shape forms with the fingers; then lay the cones on waxed paper or a marble slab until the next day, to harden, or make them in the morning and leave until the afternoon. Melt some chocolate (confectioners' chocolate is the best) in a basin, which place in another basin of boiling water. When melted, and the creams are hard enough to handle, take

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one at a time on a fork and drop into the melted chocolate, roll it until well covered, then slip from the fork upon waxed paper and put them aside to harden.

Cocoanut Creams

TAKE some French cream, and while quite soft add fresh-grated cocoanut to taste; add sufficient confectioners' sugar to mould into balls, and then roll the balls in the fresh-grated cocoanut. These may be colored prettily with a few drops of cochineal syrup and a few spoonfuls of grated chocolate before rolling them in the grated cocoanut. The cocoanut cream may be made into a flat cake and cut into squares or strips.

Cream Cherries

MAKE a small round ball of French cream, cut a strip of citron the size of a cherry stem and put the ball of cream upon one end of it; take a cherry glacé, and cutting it in two, put one-half each side of the cream ball, and it will make a very pretty candy. They can also be made like walnut creams, using cherries instead of walnuts.

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Cream Dates

SELECT perfect dates and with a knife remove the pit. Take a piece of French cream, make an oblong shape, and wrap the date around the cream.

English Walnut Creams

MAKE French cream as previously directed. Have ready some English walnuts, taking care not to break the meats. Make a ball of the cream about the size of a walnut and place a half-meat upon either side of the ball, pressing it into the cream. Put them away for a few hours to dry.

Fig Creams

CUT nice, fresh figs into four or five strips, take a piece of French cream and roll it into a long roll in the palm of the hand, then with a knife cut it lengthwise and lay into it one of the strips and roll the cream around it.

Fruit Creams

RAISINS seeded, currants, figs, and citron chopped fine, and mixed into French cream before the sugar is

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all mixed in, is a very nice variety. Make this into a flat cake about an inch thick and cut into oblong pieces or inch squares.

Lemon Cream Drops

GRATE the rind of one lemon and squeeze out the juice; add a pinch of tartaric acid, and stir in confectioners' sugar until the whole is stiff enough to form into balls the size of a small marble.

Maple Sugar Cream

GRATE maple sugar, mix it in quantities to suit taste with French cream, adding enough confectioners' sugar to mould into any shape desired. Walnut creams are sometimes made with maple sugar and are very nice.

Neapolitan Creams

PREPARE some French cream and divide it into three parts, leaving one part white, color one part pink with a few drops of cochineal syrup, and the third part make brown with grated chocolate. Make a cake about half an

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inch thick of the white cream, which may be done with a rolling pin on a marble slab, or shaping it into a flat ball and patting it to the desired thickness on the platter with the hand; do the same with the pink portion and lay it upon the white; then treat the chocolate in the same manner, pressing all together. Trim the edges smooth and cut into slices or squares, as preferred. This is very pretty candy. Each layer may be flavored differently.

Nut Creams

CHOP almonds, hickory-nuts, butternuts or English walnuts quite fine. Make the French cream, and before adding all the sugar, and while the cream is still quite soft, stir into it the nuts, and then form into balls, bars, or squares. Three or four kinds of nuts may be mixed together.

Orange Drops

GRATE the rind of one orange and squeeze the juice, taking care to reject the seeds; add to this a pinch of tartaric acid, then stir in confectioners' sugar until it is stiff enough to form into small balls the size of a small marble. This is delicious candy.

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Peppermint Creams

MAKE the cream as directed for French cream, flavoring it well with essence of peppermint. Take small bits of the cream and shape into round, flat forms.

Spiced Chocolate Cream

HAVE some chocolate grated in the quantity desired; add ground cinnamon and cloves to taste. Mix these ingredients into French cream, and form into small cubes.

Wedding Cake Slices

TAKE some French cream and stir into it chopped raisins, citron, and candied orange peel; add a few currants and mixed spices and form into quite a thick cake; then take some plain French cream and roll into a thin cake, which place upon the top of the thick cake, to appear like icing. Put away until the following day, when cut into slices.

Wintergreen Creams

MAKE the cream as directed for French cream, flavoring with wintergreen essence to taste; color pink with cochineal syrup and form into round lozenge shapes.

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Almond Rolls

ONE-HALF pound of almond paste, one pound of very fine powdered sugar (three cupfuls), two tablespoons of lemon juice, and one white of egg. Knead into the paste, gradually, the sugar, lemon juice and unbeaten white of egg. Form the mixture into cylinders or balls and roll in cocoa. This mixture may be dipped into melted chocolate or fondant and will be a great addition to a box of bonbons. Almond paste may be purchased from the baker, bought in a tin can, or the almonds may be blanched, dried and ground.

Nut Creams

BEAT the whites of two eggs very stiff, and stir one pound of confectioners' sugar into them. Add two tablespoons of warmed maraschino-cherry juice and a cup of nutmeats that have been put through the food-chopper. Stir well, and turn out into a wet napkin, and knead for fifteen minutes. Then shape in cones, and roll them in grated nut meats.

V.—A VARIETY OF "FUDGES"

Plain Fudge

TAKE three pounds granulated sugar (6 cups), one-third teaspoon cream of tartar, one and one-half cups of milk, four ounces chocolate (bitter), and vanilla. Everything but the vanilla may be put into the pan at first and boiled briskly until the bubbles are large, stir occasionally. Beat until creamy when taken off the fire. Plain crackers broken into bits may be stirred into this fudge and will taste much like nuts.

Raisin Fudge

MAKE according to recipe for plain fudge. Just before turning out add two cupfuls of seeded raisins cut with scissors. Then pack into buttered pan and cut before it is cold.

Seven Minute Fudge

TO MAKE this, put one-fourth of a cup of butter in a saucepan, and when melted add two cups of sugar, one-half of a cup of milk and one-fourth of a cup of molasses. Heat to the boiling-point and let boil seven minutes. Add two squares of unsweetened chocolate, and stir until

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melted. Then let boil seven minutes more. Remove from fire, beat until creamy and add one teaspoon of vanilla and one-half of a cup of nut-meats. Pour into a buttered tin, and mark in squares. This candy is good without either vanilla or nuts flavored with one-half a teaspoon of cinnamon.

Divinity Fudge

THREE and one-half cups of granulated sugar, one-half cup of 90 per cent corn syrup, two-thirds cup of water, one-eighth teaspoon of salt, two whites of eggs, one and one-half cups of sliced walnut meats, and one teaspoon of vanilla. Cook sugar, syrup, water and salt to soft ball test. Reserve one-half cup of the syrup, cook the remainder to hard-ball test. Onto the beaten whites pour very gradually the first half-cup of syrup, beating constantly, then add the remainder of syrup, add nuts and vanilla and keep beating until the mass thickens and grows heavy. Pack on buttered tins and cut before it is cold. Use a platter and wire spoon and long strokes when beating. Do not stir—beat!

For variety, one-half a cup of cocoa may be beaten into original mixture with or without nuts. If you wish to use New Orleans molasses instead of corn syrup, add one-quarter teaspoon of cream of tartar and a full cup of water. In this case the candy will taste like molasses candy and needs no nuts.

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Fig Cream Fudge

3 cups of sugar.
1 cup of cream.
 $\frac{1}{2}$ cup of corn syrup.
 $\frac{1}{2}$ lb. of figs.
1 tablespoon of lemon juice.

Cook the sugar, cream and syrup to a soft ball test (firm and waxy), cool the mixture, stir, and when it thickens add the figs, cut fine, and add lemon juice. When too thick to pour, spread on buttered pan and cut into squares before it is cold.

English Walnut Cream Fudge

3 cups of sugar.
1 cup of cream.
 $\frac{1}{2}$ cup of corn syrup.
1 cup of chopped walnut meats.
1 teaspoon vanilla.

Cook sugar, cream and syrup to a soft-ball test. Cool, stir, when it thickens add walnut meats and one teaspoonful of vanilla if desired. Spread upon buttered pan and cut before cold. For Mexican kisses use pecans in place of walnuts. Drop in irregular spoonfuls upon paraffine paper.

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Chocolate Cream Fudge

1½ lbs. of white sugar.
2 small cups of water.
Pinch of salt.
1 salt spoon of cream of tartar.
Vanilla.
6 oz. grated chocolate.

LET boil until thick. Flavor. Remove from the fire and let cool slightly before pouring out. With a wooden spoon, stir and beat until it begins to look milky. Then stir in the chocolate, mix well. Pour in shallow, wide tins, covered with well greased white paper. When it is cold, lift out the paper and cut in small squares or sticks.

Brown Sugar Black Walnut Fudge

1½ lbs. dark brown sugar.
Butter, size of an egg.
1 cup of milk.
1 large cup chopped black walnut meats.
Pinch of salt.

COOK this mixture until it is very thick, then take it from the fire and beat it with a wooden spoon until it is cool, almost cold. Then add the nuts. Spread this half an inch thick on a greased tin and cut into small squares. Any other nuts will do but are not so good as black wal-

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nuts. When a soft ball can be formed in ice water it is done. Set the pan into a dish of cold water and let the mixture cool. Add vanilla and stir until it is too thick to pour, then with a slightly dampened hand pack it into a buttered tin and cut before it is cold.

Marshmallow and Fruit Fudge

PLACE one cup of cream and two cups of powdered sugar in a saucepan and stir gently to avoid sticking or burning until the mixture begins to boil. At this point add one-quarter pound of chocolate and keep stirring until all is melted. Allow all to boil for about ten minutes, or until the soft boil stage is reached. Then put in a bit of butter (about one and one-half inch cube) and stir until thoroughly mixed.

Take the pan from the fire and heat quickly for six minutes or longer, then pour into buttered pan containing marshmallows, nuts and candied citron.

These are scattered through the fudge. Some prefer candied cherries cut into halves to the citron.

Maple and Walnut Fudge

BOIL, without stirring, a pound of maple sugar broken into bits and half a cup of boiling water. As soon as

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the soft ball stage is reached take from the stove and stir until creamy. Drop in small round pats on well-buttered plates and in the center of each put an unbroken half of an English walnut.

Chocolate Nut Fudge

ONE cup of milk, three cups of sugar, one-half of a cup of melted chocolate, one-fourth of a teaspoon of salt, two tablespoons of butter, one teaspoon of vanilla extract and one cup of chopped nuts.

Place the sugar and milk in a saucepan and boil until it forms a soft ball when dropped in cold water. Remove from the fire and add all of the other ingredients except the nuts. When cool beat it until it begins to grain, then add the nuts and pour it out instantly.

Victoria Fudge

BOIL together, without stirring, three-fourths of a cup of cream or milk, one-fourth cup of butter and three cups of granulated sugar, until it will form a soft ball when tested in cold water. Take from the fire, beat until creamy, then add one-fourth of a cup each of candied cherries, figs and candied pineapple, cut in pieces,

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and one cup of cocoanut. Flavor with rose or almond extract and pour into a buttered pan. Cut in strips when partly cool.

Coffee Fudge

BOIL together two cups of granulated sugar and one cup of strong coffee, with one tablespoon of butter or one tablespoon of rich cream, and a speck of salt, until it forms a thread. Remove from the fire and beat until smooth and creamy. Pour into a buttered pan and mark into squares when partly cool.

Popcorn Fudge

PUT a quantity of freshly popped corn through the meat grinder. Boil together two cups of granulated sugar, one-half cup of corn syrup, one-half cup of water and a quarter teaspoon of salt, until a little past the soft ball stage. Remove from the fire and pour upon the stiffly beaten whites of two eggs; beat until smooth. Into this quantity of syrup put two and one-half cups of the ground popcorn; pour into a buttered pan, and when partly cold mark in squares.

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Fruit Fudge

Boil. three cups of granulated sugar, three teaspoons of cocoa, three-quarters of a cup of milk and one tablespoon of butter. When it will form a soft ball in cold water add one-half cup each of chopped raisins and nuts, one-quarter of a cup of cocoanut and three-quarters of a cup of figs, cut in small pieces. Pour into a buttered pan and when partly cool mark into squares.

Ravinia Fudge

2 cups of sugar.
1 cup milk.
2 squares of Baker's chocolate.
1 tablespoon butter.
1 pinch of salt.

LET boil until a hard ball forms in water, remove from fire and place pan into basin of cold water till fudge is cool; then beat rapidly, and when nearly stiff put on buttered pan. Cut-up nuts may be added.

Maple Marshmallow Fudge

Boil two cups of maple syrup, three-fourths of a cup of milk, and a piece of butter the size of an egg

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until the mixture reaches the soft ball stage, then beat until creamy and pour into a buttered pan containing cut-up marshmallows.

Peanut Fudge

Boil three cups of brown sugar with one cup of milk until a soft ball can be formed in cold water; take from the fire, add two tablespoons of peanut butter and beat until creamy. Pour into a buttered pan and mark in squares when cool.

Chocolate Fudge with Peanut Butter

FOLLOW directions for peanut fudge, cooking two squares of chocolate, grated, with the sugar and milk.

Sewanee Caramel Fudge

SAUCE pan No. 1.

One cup of sugar browned (put granulated sugar in a pan on the stove and let it melt, stir so it will not burn).

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Sauce pan No. 2.

2 cups of sugar.
 $\frac{1}{2}$ cup of milk.
Pinch of salt.
1 tablespoon of butter.
1 cup of nut meats.

Let the No. 2 mixture boil and add the browned sugar, then let all boil until it forms a soft ball when dropped in ice water. Take from the fire and add the nut meats; beat until stiff enough to drop in balls on waxed paper or on a buttered plate.

College Fudge

3 cups of light brown sugar.
A small lump of butter.
1 five-cent can of condensed milk.

Cook this just like fudge, or until the candy forms a small ball when dropped in cold water. Add flavoring and chopped nuts. Beat until creamy. This candy is more creamy if cooled somewhat before beating.

Fruit Roll Fudge

2 cups of sugar.
 $\frac{1}{2}$ cup of water.
1 cup of finely chopped figs.
1 cup of finely chopped dates.

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BOIL the sugar and water till it forms a soft ball in cold water. Remove from the fire and beat until it creams, but be careful that it doesn't get too stiff. Then add the chopped fruit and beat as long as possible. Roll in a wet cloth and leave in a cool place over night. Slice in thin strips.

College Sea Foam Fudge

BOIL two cups of brown sugar and half a cup of water together till it hairs. Add vanilla to taste, and pour it all very slowly, beating all the time, into the stiffly beaten white of one egg. Then beat quite hard till it is rather thick. Stir in chopped nuts, candied orange peel, or cherries chopped. Then drop on buttered tins.

Panache No. 1

3 lbs. of granulated sugar.
 $\frac{1}{4}$ teaspoon of cream of tartar.
 $\frac{1}{3}$ cup of caramel.
1 1-6 cups of water.
1 tablespoon of butter.
 $1\frac{1}{2}$ cups pecan meats cut in strips.

IF CARAMEL is to be made, put one-third cupful of sugar into a dry saucepan and stir until it melts; add one-third of a cup of boiling water, and when the mixture

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is smooth add everything but the nuts. Boil and stir, cook to "soft boil," cool, stir until thick, add the nuts; pack in buttered pan, cut in squares.

Panoche No. 2

2 cups of brown sugar.

$\frac{3}{4}$ cup of milk.

1 teaspoon of vanilla.

3 or 4 tablespoons of butter.

1 cup of chopped English walnuts, peanuts or pecans.

BOIL together all the ingredients except the vanilla and nuts until the soft-ball stage is reached. Remove from the fire, let cool, add the nuts and vanilla and beat until creamy. Turn into a buttered pan when cool and cut in squares.

Spanish Panoche

4 cups brown sugar.

$1\frac{1}{2}$ cups of cream.

2 pounds English walnuts broken in pieces.

BOIL the cream and sugar until it forms a soft ball when tried in cold water. Take a tablespoon of granulated sugar, put over the stove and burn to a crisp. Pour over this a fourth of a cup of water and add to the boiled sugar. If it makes the candy too thin let it boil more. Remove from the stove and beat it to a cream. Stir in

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the nuts and turn all into flat, buttered tins and cut in squares before it hardens. The success of this depends upon not overcooking and a good beating. It should be soft and creamy.

Coffee Fudge

Boil two cups of light brown sugar and a lump of butter with a half cup of made coffee, and watch closely until a ball can be formed between the fingers when dropped into cold water. Then remove from the fire and beat a stiff white of egg into it, and add one-half cup of chopped English walnut meats. Beat until creamy, and turn into a square buttered pan. When cold cut into squares.

Pineapple Fudge

Boil two cups of sugar with one cup of milk and one-fourth of a cup of honey. Boil until a ball will form in water, and then beat the stiff white of an egg into it. Add one cup of chopped canned pineapple, and drop on oiled paper when it becomes firm. Press a black walnut meat on each drop.

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Sour Cream Fudge

1 cup sour cream.
3 cups light brown sugar.
Butter size of a walnut.
1 cup of broken nut meats.
1 teaspoon of vanilla.

BOIL to the hard boil stage, add vanilla. Beat till partly cold, then turn out in a buttered pan. Cut in squares when cold.

Maple Sugar Fudge

PUT three cups of grated maple sugar into a saucepan; then just cover it with water; boil till it forms a soft ball when tried in cold water and remove from fire. Add two tablespoons of cream, one cup of chopped nuts, one teaspoon of vanilla extract and stir until cool. Pour into buttered tins. When cold mark into squares.

A Fig Fudge

$\frac{1}{4}$ pound of chopped figs.
2 cups of granulated sugar.
 $\frac{1}{4}$ teaspoon of ground ginger.

1 cup of cold water, a few grains of salt, butter the size of a walnut.

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LET the ingredients boil together, stirring frequently to prevent burning for about five minutes, or until the mixture is quite thick. Remove from the fire and beat the fudge until it begins to turn creamy and stiff. Pour into a buttered pan; when cold mark into squares.

Golden Syrup Fudge

- 4 cups of white sugar.
- 1 cup of milk.
- 2 tablespoons of golden syrup.
- $\frac{1}{2}$ cup of chopped walnut meats.
- $\frac{1}{2}$ teaspoon of vanilla extract.

PUT the sugar, milk and syrup into a saucepan and stir over the fire until the mixture boils up. Keep boiling for ten minutes without stirring. Pour into a basin and keep stirring until the mixture thickens, and add the chopped walnuts with the vanilla extract while stirring. Turn into a buttered tin, and when cool mark into squares with a knife.

Marshmallow Fudge

- 2 cups of sugar.
- 1 cup of milk.
- 2 oz. bitter chocolate.
- Butter size of a walnut.
- $\frac{1}{2}$ lb. of marshmallows.

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HEAT the sugar, milk and bitter chocolate and boil until it hardens in cold water. Add butter and begin to stir in the marshmallows, crushing and beating them with a spoon. Continue to stir in marshmallows after the fudge has been taken from the fire. Cool in sheets three-quarters of an inch thick and cut in cubes.

Maple Fudge

ONE cup of maple syrup, one cup of brown sugar, one cup of milk, one cup of English walnuts, chopped, and one teaspoonful of flavoring extract. Place the sugar and milk in a saucepan, bring to the boiling point and boil two minutes; then add the maple syrup and boil until it forms a firm ball when dropped into cold water. Pour onto a platter and as it cools beat until it begins to thicken. Add flavoring extract and nuts and pour into buttered pan and when firm cut into squares.

Just Fudge

1 lb. of light brown sugar.
Piece of butter size of walnut.
Milk.
 $\frac{1}{4}$ lb. of walnut meats.

USE sufficient milk to moisten the sugar, adding whatever flavoring desired. Boil until it forms a soft

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ball when dropped in cold water, then add walnuts and remove from the fire. Beat until cold, put in a buttered pan and cut in squares.

Valentine Heart Fudge

- 2 cups of granulated sugar.
- $\frac{1}{2}$ cup of cream.
- $\frac{1}{4}$ cup of butter.
- $\frac{1}{2}$ cup of chopped candied cherries.
- 1 teaspoon of vanilla or wintergreen extract.
- $\frac{1}{2}$ teaspoon of red coloring.

PUT the sugar, cream and butter into a saucepan and stir gently over the fire until the mixture threads from a spoon. Remove from the stove and let it stand until cool, then add the red coloring, the extract and the chopped cherries. Beat until it thickens and begins to grain, then pour into a paper-lined pan and allow to cool. Cut into hearts with a small, sharp-edged cake-cutter.

Cocoanut Fudge Bars

MELT two teaspoons of butter in a granite pan; add one cup and a half of white sugar and half a cup of sweet milk. Heat slowly to the boiling point, let it boil for twelve minutes, then take from the fire. Add a third

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of a cup of shredded cocoanut and half a teaspoon of vanilla. Beat until creamy and pour into buttered tins.

Brown Sugar Fudge

BOIL two cups of brown sugar and half a cup of milk for about four minutes, stirring constantly. When nearly done stir in three-fourths of a cup of chopped walnuts (blanched almonds or peanuts are excellent, also). Take off the fire, stir till it grains and looks sugary, pour into a well-buttered tin to about the depth of half an inch, and mark it into squares when cool.

Cream Fudge

BOIL three cups of sugar, one cup cream for twelve minutes, then stir hard; add a cup of nut meats; pour in oiled dish; cut in squares.

Maple Bonbons

COOK two cups of maple syrup until a little dropped on ice will just thread. Remove from the fire and add two tablespoons of cream. Beat until thick and creamy and then mold into the form desired, either with nuts or as plain bonbons.

VI.—CARMELS

Ginger Cream Caramels

PUT two cups of light brown sugar and seven-eighths of a cup of thin cream in a saucepan. Bring quickly to the boiling-point, and let boil with but little stirring until a soft ball can be formed in cold water. Turn on marble slab, and work until creamy. Add one-half cup of Canton ginger cut in small pieces, and spread evenly in a pan. When cold, cut in squares.

Coffee Caramels

TAKE one pound of brown sugar, one cup of strong coffee, one-half cup of cream, one ounce of butter. As soon as cooked sufficiently to be brittle when dropped into water, pour into buttered tins, and when nearly cool, mark off into squares with a buttered knife.

Chocolate Caramels No. 1

ONE cup of chocolate, shaved thin or grated; one cup of molasses; one cup of sugar (brown preferred); one-half cup of milk; one-quarter cup of butter; mix all

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well together and boil for a half hour, or until it hardens in cold water. Stir all the time. When done, pour into buttered tins, and when partly cool, mark off, with a knife, into squares.

Chocolate Caramels No. 2

2 cups of brown sugar.
 $\frac{1}{2}$ cup of milk or cream.
 $\frac{1}{2}$ cup molasses.
2 to 4 squares of chocolate.
 $\frac{1}{2}$ cup of butter.
1 teaspoon of vanilla.

Quaker City Caramels

For this confection put four tablespoons of butter into kettle, and when melted add two cups of Porto Rico molasses, one cup of brown sugar, and one-third of a cup of milk. Stir until mixed, bring to the boiling-point, and add four and one-half squares of unsweetened chocolate, stirring constantly until chocolate is melted. Boil until a firm ball may be formed in the fingers when tested in ice water. Remove from fire, add two teaspoons of vanilla and one cup of English walnut meats broken in pieces. Turn into a buttered pan, cool slightly, and mark in small squares. When nearly cold cut into squares.

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Smith College Caramels

MELT three tablespoons of butter and add three-fourths of a cup of thin cream, one cup of sugar, and one cup of molasses. Bring to the boiling point and add four squares of unsweetened chocolate, letting it melt gradually. Continue the boiling, stirring occasionally, until a firm ball is formed in cold water. Add one-half teaspoon of vanilla and turn into a slightly buttered pan, having the mixture three-fourths inch in depth. When nearly cold, cut in cubes. Wrap in squares of paraffine paper.

Nut Chocolate Caramels

TO SMITH COLLEGE caramel mixture add, just after taking from range, one cupful of blanched and chopped almonds or walnut meats.

Thirty-Dollar Caramels

2½ pounds of sugar.
1 pint of cream.
½ pound of butter.
½ pound of glucose.
4 tablespoons of vanilla.

THIS is a large recipe and just fine for making up candy for a sale. It is the rule of a famous candy maker, and I give the above name because a lady was going to

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Europe and sent her butler to get a large quantity of her favorite caramels to take with her. As it happened, they had none in stock, and she sent the man back to buy the recipe so she could have the candy made abroad, and she cheerfully paid thirty dollars for this recipe just as it is given.

Honey Caramels

1 pint of honey.
1 teaspoon of cinnamon or vanilla.
 $\frac{1}{2}$ pound cocoa.
 $\frac{1}{4}$ pound pecan nut meats.
2 pounds sweet almonds.

Cut the nuts fine and boil them with other ingredients, until thick. Cool and roll out, cut in squares, and dry in the oven.

Chafing Dish Chocolate Caramels

TAKE an even dessertspoon of flour and another of butter, stir and beat together to a cream, the saucepan has to be well buttered, and a cup of sugar, half a cup of molasses, and half a cup of milk have to be boiled together for fifteen minutes before the flour and butter are added, after which the whole must be boiled five minutes more, and then a quarter of a pound of choco-

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late, which has been grated while the rest was boiling, has to be poured in, and the whole boiled till thick, when it is poured out on a buttered pan, and marked into squares with a knife dipped first in cold water.

Plain Chocolate Caramels

3 cups of granulated sugar.
¼ pound of chocolate.
1 cup of butter.
1 cup of milk.
1 cup of golden syrup.
1 teaspoon of vanilla extract.

Boil all the ingredients together, stirring frequently. Try in ice water; if it hardens pour onto a buttered tin. When cool cut into squares and wrap in paraffine paper.

Easily Made Chocolate Caramels

INTO a saucepan put a quarter of a pound of grated unsweetened chocolate, four tablespoons of butter, a pound of brown sugar, half a cup of molasses and half a cup of cream. Stir these over a slow fire until the mixture reaches the boiling point, then boil it until it is brittle when dropped into ice water. Take from the fire, add a teaspoon of vanilla and pour into a greased shallow pan to the depth of half an inch and stand aside.

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to cool. When nearly cold grease a sharp knife and mark the caramels into squares, cutting nearly through. When cold and hard break the caramels apart and wrap each in waxed paper. These will keep in a dry place for a week. Vanilla and coffee caramels are made in precisely the same way except that you change the flavoring.

VII.--PULLED CANDY, BRITTLES, TAFFIES

UNDER this general heading we give none but the simplest recipes, for children to use. They are always anxious to try their skill at candy making; and will take great delight in being able to present to parents or friends a box of delicious bonbons made by themselves.

Taffy was originally a kind of candy made of Tafia (East Indian) sugar or molasses and rum. It may be formed into many simple and pretty designs, but the work must be deftly and quickly done, as the mass soon cools and then cannot be handled to advantage. A pretty method is to form it into long strands, which may be braided and shaped into horseshoes, baskets, etc. A little basket may be formed by winding a small strand of the taffy around the bottom of a cup until the desired depth is attained, when the cup should be removed, a handle added, and the basket set away to cool. The strands may be striped by placing a roll of colored and a roll of white taffy together, and they may then be cut into small pieces with sharp scissors, thus forming very attractive candies. When pouring taffy from the kettle be careful to place the scrapings in a separate dish, for if dropped into the candy they will very likely cause it to grain.

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The Celebrated "Old-Fashioned" Molasses Candy No. 1

POUR into a kettle holding at least four times the amount of the molasses to be used the desired quantity of good Porto Rico molasses. Boil over a slow fire for half an hour, stirring all the time, to prevent it from boiling over. Be very careful not to let the candy burn, especially near the close of the boiling. When a little dropped into water becomes hard and snaps like a pipestem, add half a teaspoonful of carbonate of soda, free from lumps, to every quart of molasses used; stir quickly, and pour on a greased platter to cool. Turn in the edges as they cool, and when cool enough to handle pull on a hook until it becomes of a beautiful golden color.

Molasses Candy No. 2

BOIL together two cups of New Orleans molasses, one cup of sugar, a tablespoon of vinegar and a teaspoon of butter. As soon as a few drops of the candy seem brittle when dropped into cold water, add a pinch of soda, then take at once from the fire. Turn into buttered shallow pans and place where it will cool enough to handle. Do not stir while cooking, or it will be likely to grain. After the candy is cool enough to pull, let two persons wash their hands, then rinse in cold water, so as to have them as cold as possible. Rub a little butter over

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the hands, then take the candy from the plate on which it has cooled and let one person pull it out straight without twisting, then throw it over the hands to the second person, who holds his out like a hook. Now pull the strip back and forth, but always without twisting. When white and brittle throw the sheet on a board or marble and crack in pieces with the back of a steel knife.

Honey Taffy

3 cups of sugar.

$\frac{3}{4}$ cup of extracted honey.

$\frac{3}{4}$ cup of hot water.

Boil all together till it spins a thread when dropped from a spoon, or hardens when dropped into ice water. Pour in a buttered dish and pull until white when it cools off.

Stretched Molasses Candy

Put one cup of Porto Rico molasses, three cups of sugar, one cup of boiling water, and three teaspoons of vinegar into a smooth graniteware saucepan. Bring to the boiling point and add one-half of a teaspoon of cream of tartar. Boil until the mixture will become brittle when tried in cold water. Stir constantly during the last part of the cooking, and when nearly done add one-half of a

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cup of melted butter and one-fourth of a teaspoon of soda. Pour into a buttered pan. When cool enough to handle, pull until very light in color, allowing candy to come in contact with the tips of fingers and thumbs, not to be squeezed in the hand. Cut in small pieces, using large shears or a sharp knife, and arrange on slightly buttered plates to cool. While pulling add one teaspoon of vanilla, one-half teaspoon of lemon extract, a few drops of oil of peppermint or a few drops of oil of winter-green.

Butter Scotch

THREE cups of brown sugar, two tablespoons of water and four heaping tablespoons of butter. Place all the ingredients in a saucepan and cook without stirring until it snaps when tried in cold water. This may be dropped on a greased marble slab so as to form round cakes, or it can be poured in a shallow greased pan and marked in squares. Another way of using it is to dip marshmallows in it. It can also be used to glacé Brazil nuts.

Honey Candy

TAKE one pint of white sugar, with water enough to dissolve it, and four tablespoons of honey. Boil until

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it becomes brittle on being dropped into cold water. Pour into buttered pans to cool.

Peanut "Goo, Goo"

THIS is a college girl specialty made over a chafing dish. Roll shelled peanuts to a paste, or chop them, then make a syrup by boiling two cups of sugar and pour over the peanuts. When cool, cut in squares.

Nut Brittles

HEAT one pound of sugar (two half-pint cups) in a frying pan, stirring constantly until melted. Any lumps will dissolve if the pan is set off the fire. Add one-half cup of chopped nuts of any kind, though peanuts are most commonly used. Mix thoroughly, spread on a tin or iron sheet and flatten out with a knife or a greased rolling pin. Mark into squares before cold. The lighter the color of the melted sugar the more delicate the flavor. Instead of nuts you may use three-fourths of a cup of cocoanut, dates, figs or raisins cut fine, or one or two cups of puffed wheat or rice. With a very light syrup one-fourth cup of cocoa or one ounce of chocolate may be used. This candy must be kept in a dry place, as it takes up moisture from the air.

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Burnt-Almond Brittle

BLANCH the best quality of Jordan almonds and chop; there should be one cupful. Put in a pan and bake until delicately and evenly browned, stirring occasionally, taking great care that they do not burn; then sprinkle with one-third of a teaspoon of salt. Put two cups of fine granulated sugar in a hot iron frying-pan, and stir *constantly* until melted to a syrup, taking care to keep sugar from sides of pan. Add nut meats, and pour at once into two slightly buttered, warmed square cake tins; then mark into small squares with a sharp knife, and when cold it may be easily broken into squares. If sugar is not removed from range as soon as melted, it will caramelize, which is not desirable.

Delicious Peanut Brittle No. 1

SHELL and remove the brown skins from a quart of roasted peanuts. Roll the nuts until they are thoroughly broken; sift, saving the finer parts to use for rolling as you use flour with cookies. Put a pound of sugar into a clean saucepan. Stand it over a brisk fire, stir and shake until the sugar is thoroughly melted. You must not add water. When it has melted and looks like golden syrup take it from the fire and stir in quickly as many rolled peanuts as the sugar will hold. Cover the board with the fine peanuts, turn out the hot mixture, sprinkle over

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more peanuts and roll into a very thin sheet. This must be done quickly or the mixture will harden. With a long knife mark the brittle into squares, wait a moment until it cools, then loosen it from the board, break it into squares and put it away.

Peanut Brittle No. 2

TO MAKE peanut brittle, boil a quart of New Orleans molasses for half an hour, stirring it all the time. Then add a half teaspoon of baking soda. Test the candy by dropping a little into a cup of cold water. If it grows hard and brittle at once it is done. Add the juice of a half lemon and then stir in all the shelled peanuts it will hold. Pour this mixture into a greased tin and with the other half of the lemon smooth it out into a very thin sheet.

Walnut Honey Candy

1 cup of sugar.
2 tablespoons of honey.
2 tablespoons of water.

WALNUT meats. Cook until it hardens in cold water, then take off the fire and stir in the walnut meats when partly cold, pour into butter plates and cut in squares.

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Cream Candy That Will Keep

SELECT a perfectly clean saucepan; slightly oil the bottom of a large meat platter. Put into the saucepan a pound of granulated sugar, a saltspoon of cream of tartar, half a pint of water and a level tablespoon of gum-arabic moistened in a little cold water. Stir over the fire until the sugar is dissolved. Then with a clean, damp cloth wipe down the sides of the saucepan and boil continuously without stirring until the mixture hardens and becomes brittle when dropped in cold water. Take from the fire. Add a teaspoon of vanilla and pour it carefully onto the greased platter. When nearly cold scrape it together, pull it out, fold and pull it over and over again until it is perfectly white. Moisten the hands now and then in cold water or brush them lightly with olive oil. If you handle it while too hot the heat and the pulling will blister the hands. If there is a large hook in the kitchen throw it up over the hook and then pull it down. When perfectly white cut it into pieces. Make it into rolls the thickness of your finger and six or seven inches long. Braid these rolls quickly, put them into a tin box that has been lined with waxed paper.

Maple Sugar Candy

BOIL one pound of pure maple sugar, and half a pound of granulated sugar with two teacups of water, add half a

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teaspoon of cream of tartar, dissolved. Let boil until it hardens, then pour in a buttered dish. When nearly cool pull until it is light colored. Make in little cakes, stick a whole walnut meat in the center.

Maple Candy

Boil together for five minutes one cup of maple syrup and one cup of sugar; add one-quarter of a teaspoon of cream of tartar, two teaspoons of butter and two teaspoons of vinegar. After it has boiled until it is brittle when tried in cold water, pour it into buttered pans to cool. When cool enough to handle, pull it until it becomes hard, then cut it in pieces and allow it to stand two or three days to become "ripened."

Molasses Taffy

Boil together a pint of molasses, two tablespoons of butter, a pound of brown sugar and two tablespoons of vinegar. When a little hardens in ice water take from the stove, beat in a level teaspoon of baking soda, turn into buttered tins, and as soon as it is cool enough pull with buttered fingers until light in color and so hard it can be pulled no longer.

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Chocolate Taffy

THREE pounds of white sugar, one cup of water, one-half cup of cider vinegar, a lump of butter the size of a walnut, six tablespoonfuls of grated chocolate. Put all together in a brass or granite kettle. Boil without stirring until a little dropped in water is crisp. Pour on buttered dishes and when cold enough to harden, pull. Do this in a cool room. This recipe may also be used for vanilla taffy if the chocolate is omitted and the vanilla dropped in during the pulling process.

Lemon Stick Candy

BOIL one and a half pounds of granulated sugar with a half a pint of water, add half a teaspoon of cream of tartar dissolved in a little warm water. Keep covered and boil over a brisk fire until the syrup threads and cracks. Flavor with lemon and color with grated lemon peel. Pour out to cool in a well-buttered dish; as soon as cool enough to handle take up and pull. Cut in sticks, roll until round, and set aside to harden. Pretty fancy sticks may be made by separating the candy and coloring each portion differently, pulling and twisting together.

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Reliable Cream Candy

2½ pints of white sugar.
½ pint of boiling water.
½ pint of sweet cream.
½ teaspoon of vanilla extract.

A DEEP saucepan should be used in making this candy. Dissolve the sugar in the boiling water, using a whipping motion, until there are no grains of sugar. Do not stir after placing on the fire. Cook over a moderately hot fire until it will form a soft ball in ice water. Then add the cream, and cook until it will form a hard ball when tested. Add the extract just before removing from the fire. Pour into buttered plates, and pull when cool. Cut into pieces. This candy should be set aside for a day until it becomes flaky and will melt when put into the mouth. If a larger amount of the candy is needed, double the proportions.

Plantation Drops

ONE cup of New Orleans molasses, one cup of granulated sugar, one tablespoon of vinegar, one tablespoon of butter, two tablespoons of water and one-half of a teaspoon of soda. Place the sugar, water and vinegar in a saucepan. Bring to the boiling point and add the molasses. Boil until it will harden when dipped in cold water. Add the butter and remove from the fire. When it has ceased to boil, stir in the soda. Pour onto a

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greased platter, and when cool enough to handle pull until it is straw-colored. Form into a long thin roll a little larger than a lead pencil and when cool cut into small pieces with a pair of sharp shears. Dust with cornstarch and let stand until perfectly hard.

Vanilla Cream Candy

TAKE two pounds of granulated sugar, two-thirds of a cup of water, one-third of a cup of vinegar, a piece of butter the size of an egg, one tablespoon of glycerine and two teaspoons of vanilla. Boil all except the vanilla, without stirring, twenty minutes or half an hour, until crisp when dropped into water. Just before pouring upon platters to cool add a small teaspoon of soda or cream of tartar. After pouring upon the platters to cool, pour the two teaspoons of vanilla over the top. It can be pulled very white. Draw it into the thickness wished, and cut over with shears into sticks or odd-shaped drops to suit the fancy. If kept for a week it will become creamy.

Molasses Taffy

ONE cup of molasses, one cup of sugar, a piece of butter the size of an egg. Boil hard, and test in cold water; when brittle pour in thin cakes on buttered tins; as it cools mark in squares with the back of a knife.

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Everton Taffy

BOIL one pound of best brown sugar in half a pint of water, until a little will harden if dropped into cold water; then add two ounces of butter and boil a few moments until it will harden again. Flavor with lemon, if desired.

Cocoanut Taffy

BOIL one pound of white sugar and a half a tea cup of water together; while boiling stir in two ounces of butter. Boil until it will pull between the fingers, add three ounces of grated cocoanut, pour out to cool, mark in squares.

Lemon Taffy

PUT one pound of yellow sugar and two cups of water in a candy kettle, let boil five minutes and add two ounces of butter. Boil until it hardens but not until brittle. Flavor with lemon, pour in well-buttered tins. When nearly cold mark off with a knife in squares, press nearly through. When cold turn out on buttered paper and break the squares apart.

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Cream Taffy

Pur into a porcelain-lined saucepan one pound of brown sugar, with four ounces of butter and one tablespoon of water; bring this all to the boil, then add a dessertspoon of essence of vanilla and a half pint of cream. Boil till on dropping it into water it will stiffen, then color delicately with a drop or two of carmine; let it boil just two minutes longer, then lift it off the fire, and let it go off the boil before pouring it into the buttered dishes.

Creamy White Taffy

4½ pounds of sugar.
½ pint of vinegar.
½ pint of water.
½ pint of molasses.

HEAT to boiling point, and then add half a teaspoon of cream of tartar. Stir. When nearly done add a quarter of a pound of butter and a quarter of a teaspoon of soda. Cool in buttered pans and pull.

Chocolate Taffy

3 pounds of white sugar.
1 cup of water.
½ cup of cider vinegar.
Butter the size of a walnut.
6 tablespoons of grated chocolate.

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Boil all together till crisp when dropped in water.
Put into buttered tins and pull when cold.

Ice Cream Candy

4 cups granulated sugar.
 $\frac{1}{2}$ cup water.
1 teaspoon of cream of tartar.
 $\frac{1}{2}$ cup vinegar.
1 tablespoon glycerine
1 teaspoon flavoring extract

Boil the sugar, water, vinegar and glycerine together, until the mixture will spin a hard thread. Remove from the fire and when it no longer boils add the cream of tartar and flavoring extract. Pour on a large buttered platter, and when sufficiently hard pull until white. This will make two pounds.

Orange Taffy

Two cups of sugar, juice of one orange. Boil till it hardens in water and then pull it.

School Girl Cinnamon Candy

$1\frac{1}{4}$ cups of sugar.
4 tablespoons of vinegar.

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8 to 10 tablespoons of water.

Rose coloring if desired.

BOIL these till the mixture spins a thread, and be careful not to stir it after it begins to boil. When it is done put in one teaspoon of cinnamon extract and pour into buttered pans.

Maple Wax

BOIL down maple syrup, or dissolved maple sugar and water, till it hairs—not quite long enough to wax as for "sugaring off"—but very thick and rich; when just right this is a general favorite.

Lemon Drops

TAKE a pound of granulated sugar, a cup of water and half a teaspoon of cream of tartar, and boil until crisp and hard, taking care that the heat comes only from the bottom of the kettle—to prevent scorching. Just before the candy reaches the scorching point remove it from the stove, add tartaric acid to taste and flavor highly with lemon; oil of lemon, when it can be procured fresh, is to be preferred to the extract. Drop the candy from a spoon upon buttered tins, to form drops the size of a dime; or pour it out to a depth of a fourth of an inch on a buttered slab, and check off, when partly cooled, into inch squares.

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Polly's Plain Taffy

- 3 cups of granulated sugar.
- 1 cup of boiling water.
- 1 tablespoon of vinegar.
- 2 tablespoons of butter.
- 1 teaspoon of vanilla.
- $\frac{1}{2}$ teaspoon of lemon.

Cook the sugar, water, vinegar, and butter to the crack stage. Add flavorings and turn into buttered pans. When partly cool, pull and cut into pieces one inch in length.

Pulled Taffy

TAKE three cups of granulated sugar, a cup of vinegar and water in equal parts (one-third vinegar and two-thirds water may be used if the vinegar is very strong) and a piece of butter the size of a walnut. Boil the sugar, water and vinegar together until half done, then add the butter, stirring only enough to incorporate the butter thoroughly, and boil until done. Drop a little of the candy now and then into cold water, and test by pulling it apart; if it snaps it is done, and must be immediately poured upon a buttered dish to cool. Flavor with a little vanilla extract poured upon the top. When the taffy has cooled sufficiently to handle it may be pulled, cut into short lengths and placed on buttered dishes or paraffine paper.

VIII.—KISSES, PUFFS, AND CREAMY CANDIES

Cherry Foams

BOIL two cups of granulated sugar and one-half cup of water without stirring until the syrup will thread. Add one-quarter teaspoon of vanilla and pour it slowly upon the beaten whites of two eggs, beating continuously until stiff enough to drop from a teaspoon upon buttered paper. Before the candies cool, press one-half of a candied cherry into the top of each. If preferred, beat cherries into the candy and when creamy pour it into buttered pans.

Honey Puffs

Boil three cups of sugar and one cup of cream; when it will almost thread, add one-fourth of a cup of honey. When it reaches the soft ball stage, take from the fire and beat the stiffly beaten white of an egg into it. Beat one minute and add half a cup each of finely chopped nut meats and chopped candied pineapple. Beat until firm and creamy and shape into balls between the fingers, then cool.

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Date Puffs

REMOVE stones from one-half pound of dates. Blanch one-half pound of almonds. Mix with one-half teaspoon of salt and put through a meat chopper; then add one-half cup of powdered sugar. Beat the whites of four eggs until stiff, and add gradually, while beating constantly, three-fourths of a cup of powdered sugar. Fold first mixture into egg mixture and drop on a buttered tin. Bake in a moderate oven ten minutes.

Maple Puffs

½ lb. maple sugar.
½ lb. brown sugar.
Whites of 2 eggs.
1 cup English walnuts.
½ cup chopped figs.
½ cup chopped citron.
½ cup raisins.
½ cup water.

BOIL the sugar and water until they spin a heavy thread. Beat the whites of the eggs very stiff, gradually add the hot syrup to the whites of the eggs, beating all the time. When the mixture begins to stiffen, add the other ingredients. Beat until it will hold its shape. Place by tablespoonfuls on greased paper and let stand until stiff. This will make twelve puffs.

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Candy Puffs

1 lb. sugar.
1 cup water.
Whites of 2 eggs.
1 cup chopped nuts.
1 teaspoon flavoring extract.

BOIL the sugar and water until they form a heavy thread. Beat the whites of the eggs very stiff. Pour the syrup slowly over the beaten eggs, stirring all the time. When all the syrup has been used, keep beating until the mass begins to harden, then add the flavoring and nuts, mix thoroughly and place by the spoonful on a greased platter. Make the puffs the size and shape of a large egg.

Cocoanut Puffs

HEAT two cups of granulated sugar with one-half cup of cream, and add one-fourth cup of honey. Boil until the ball will form in cold water; then remove, and beat a half a cup of grated cocoanut into it. Beat until creamy, and drop from the end of a small silver spoon on oiled paper.

Cherry Puffs

WASH one-half pint of cranberries, and let them become firm and candied by boiling in a thick syrup. You

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may use candied cherries if desired, but they are more expensive. Mix the cherries with one-half pint of chopped nut meats, and then shape the mixture in little balls between the fingers well greased with butter. Then dip them in melted sweet chocolate, roll in powdered sugar and set away for a few hours in a cold place

Cocoanut Kisses

1 fresh cocoanut, grated.
 $\frac{1}{2}$ its weight in powdered sugar.
Whites of 2 eggs.
 $\frac{1}{2}$ teaspoon flavoring extract.

GRATE the cocoanut and weigh it, add the sugar, mixing well. Beat the whites of the eggs very stiff, and add them to the grated cocoanut and sugar. Beat the mass hard for five minutes. Add the flavoring extract, then drop it in small spoonfuls on buttered paper, and dry in a slow oven for fifteen minutes. This will make two dozen kisses.

Peanut Kisses

THIS confection is very simple to make. Shell half a pint of peanuts, removing the brown hulls and chop rather fine. Beat the whites of four eggs to a stiff froth,

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but not dry, add carefully two cups of granulated sugar, stir in the nuts and drop by teaspoon on oiled paper. Bake in a moderate oven until a golden brown.

Airy Kisses

2 cups of brown sugar.
1 tablespoon of vinegar.
1 teaspoon of vanilla.
 $\frac{1}{2}$ cup of water, white of one egg.
1 cup of chopped nut meats.

THE sugar, water and vinegar should be boiled together until the mixture threads when dropped from a spoon. Beat up the white of egg and pour the hot mixture into it, beating all the time. When quite stiff add the vanilla and nut meats. Drop from a spoon on waxed paper.

Tutti Frutti Cream

SHRED a quarter of a good cocoanut into long, thin strips; shred the same quantity each of candied citron and orange peel, and slice five or six figs; mix these well with four ounces of seeded raisins, and spread on buttered pans in a layer half an inch thick. Have ready two pounds of granulated sugar boiled with half a pint of water till it becomes a light straw color, and directly it

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changes color in this way pour it over the fruit until it is perfectly and evenly covered. Stand it in a cool, dry place (not the refrigerator) till half cold, then mark it out in bars with a sharp buttered knife. When cold, if you bend the tins back and tap the bottom gently, the cream will drop out. This kind of cream may be made with all kinds of nuts, either alone or mixed, sliced Brazil nuts being particularly good, or with any preserved fruit.

Cocoanut Drops

TO MAKE cocoanut drops, take two grated cocoanuts, one pound of confectioners' powdered sugar, and the grated yellow rind and juice of two lemons; work together well and form into drops the size of an English walnut. In the center of each cake put a small piece of citron; place on buttered tins and bake in a hot oven until the tops are brown.

After-Dinner Mints

PUT three cups of sugar, one-fourth teaspoon of cream of tartar, one-half cup of boiling water, and one-half tablespoon of vinegar in a graniteware saucepan. Place on range, bring quickly to the boiling point, and let boil rapidly without stirring until mixture will become brittle in cold water: Pour on a large buttered

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platter. As soon as mixture cools around edge, fold toward center. As soon as it is cool enough to handle, pull until white, adding during the last of the process just two drops of oil of peppermint. Cut in small pieces into a bowl containing a small quantity of powdered sugar. Stir until each piece is coated with sugar, put into a glass jar, and adjust cover. Let stand from ten to twelve days, in which time it will become creamy.

White Nougat

BLANCH a pound of almonds, and chop. Pour four ounces of white honey in a clean new tincup, set the cup in a kettle of water and boil until it will roll in a ball, to this add an ounce of powdered sugar, and the stiffly beaten white of one egg. Cook until stiff, and stir in the almonds. Take from the fire and pour in a little tray lined with white paper, press down firmly and let stand until cold. Then cut in thick, small blocks, and dust with powdered sugar, which has been flavored with vanilla, and dried.

Oriental Cream Candy

1 cup of cream.
3¼ cups of sugar.
½ cup of chopped nuts.
½ cup of candied fruits.

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Cook the sugar and cream to the soft ball degree. Pour onto a large platter and cool. Work with a wooden spoon until the candy begins to look creamy, then add the fruit and nuts. Continue to work until the mass stiffens. Let stand ten minutes. Break off small pieces of the mixture and knead them until they are soft and pliable, then shape as desired. Half a cup each of chopped figs, dates and raisins may be kneaded into the cream. Wrap in a moist towel and after an hour or more slice. This fruit roll may contain any combination of fruits and nuts.

Orange Creams

DELICIOUS pan creams may be made by boiling three pounds of sugar, one pint of water and one-half teaspoon of cream of tartar to a soft ball. Let it cool, and then add a little orange flower water and stir until white. Pour into a pan and when cool mark into squares and break apart. Other flavors and colors may be used.

Ribbon Candy

PART I: Put two cups of granulated sugar and one-half cup of milk in a saucepan. Place on range, and stir occasionally until sugar is dissolved. Bring to the boiling point and let boil rapidly, without stirring, until mixture will scarcely form a jelly-like ball in cold

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water. Remove from range and pour on a larger platter. Cool slightly, and work with a large wooden spoon until creamy. Add one teaspoon of lemon juice and one-half cup of Sultana raisins, and press evenly into a slightly oiled tin pan. If mixture becomes too stiff to spread evenly, it may be worked between the hands until soft.

PART II: Put two cups of brown sugar and one-half cup of water in a smooth glassware saucepan. Place on range, bring to the boiling point, add one and one-half squares of unsweetened chocolate, and stir until chocolate has melted. Then continue boiling until mixture will form a soft ball in cold water. Remove from range, beat until of a creamy consistency, and pour over Part I.

PART III: Use same measure of sugar and milk as in part I, and boil and work in like fashion. Color with leaf green and add one-half teaspoon of vanilla, one-fourth teaspoon of almond extract, and one-third cup of pistachio nuts blanchd, and split. Press evenly in pan over Part II.

Let stand several hours, remove from pan, cut in one-half-inch slices crosswise, and slices in pieces.

French Pralines

Mix together one cup of powdered sugar, one-half of a cup of maple syrup, one-fourth of a cup of cream

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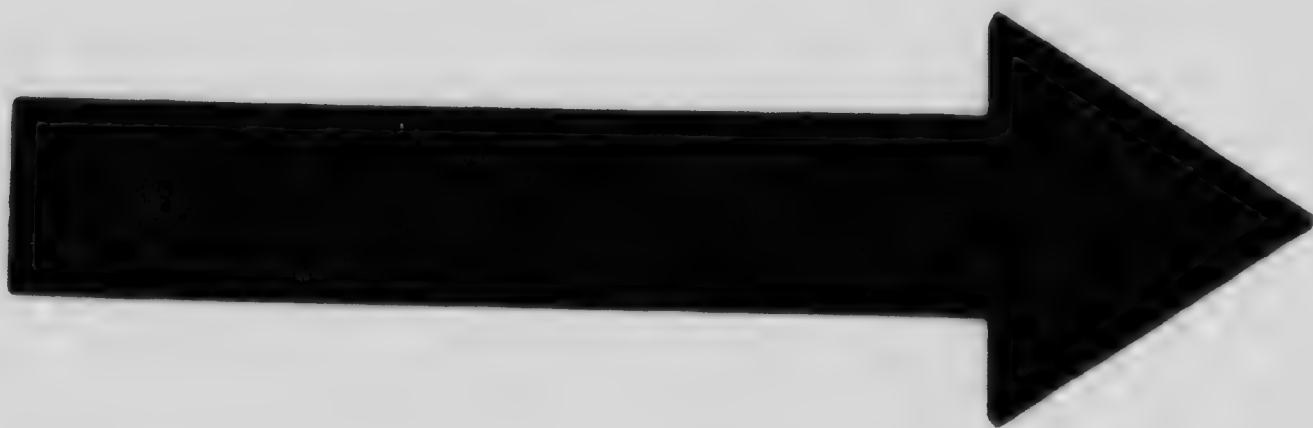
and a few grains of salt. Bring to the boiling point and let boil until a soft ball may be formed, when mixture is tried in cold water. Remove from range and beat until the mixture is creamy. Add one cup of pecan nut meats, cut in pieces. Drop from tip of spoon in oblong piles on buttered paper.

Pecan Surprise

MAKE a filling of two cups of granulated sugar and one-fourth cup of water. Flavor with a drop of rose flavoring. Boil until it will form a ball in water; then remove from the fire, and beat until creamy. When it can be handled, turn it on a greased baking board, and knead like bread. Then take maraschino cherries and shape a tiny ball of the filling around each. Press four pecan nut meats about each ball until the filling is completely hidden.

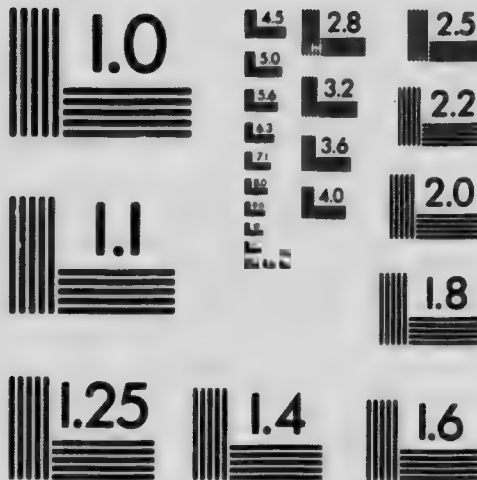
Almond Wafers

POUR a layer of melted sweet chocolate into a flat greased pan, and place a layer of blanched almonds on top of this. Cover these with another thin layer of melted chocolate, and set away in a cool place. When perfectly dry cut them into wafers.



MICROCOPY RESOLUTION TEST CHART

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Peach Maples

BOIL one cup of maple sugar and one cup of granulated sugar with one cup of cream until it will form a ball in water. Remove from the fire, and add the stiff white of an egg, and a half cup of soft canned peaches. Beat until the mixture is entirely blended and firm, and shape into squares between greased fingers.

Peppermint Candy No. 1

Grandma's Favorite

ONE pound of granulated sugar, one cup of water, one teaspoon of essence of peppermint, and a pinch of cream of tartar. Do not stir while boiling. When it will harden in cold water stir until it looks cloudy, then form into drops.

Peanut Candy

BOIL one pound of sugar with a cup of water, add a pinch of cream of tartar. Let the syrup boil until it hardens. Butter the side and bottom of a broad, shallow tin pan, and spread chopped peanuts evenly around it. Carefully spread the boiling syrup over the nuts and set aside. When stiff cut in bars with a sharp knife. Let stand a day or two and it will become soft and delicious.

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Vanilla Cream Candy

PUT a pound and a half of white sugar, with a half a pint of water in a porcelain lined candy kettle. Boil rapidly, until when dropped in water it will form a soft ball, add a teaspoonful of extract of vanilla, grease a tin pan, pour in the candy, and set on ice to cool as rapidly as possible, pull until very white. Draw out in flat sticks, lay on a dry tin or flat dish for a few hours, when it will become creamy, and put away in close covered pans or boxes.

Peppermint Candy No. 2

BOIL two cups of brown sugar and one cup of corn syrup until it will harden when dropped in cold water. Just before removing from the fire add one tablespoon of butter and twelve drops of peppermint. Mark in squares when warm.

Strawberry Cubes

HEAT two cups of confectioners' sugar with one cup of canned strawberry juice; then boil rapidly until a ball will form when dropped into cold water. Add one-fourth of a cup of the berries and one-fourth of a cup of chopped dates. Whip until creamy, and turn out into a square greased pan. When cold cut into cubes and press an English walnut meat on each cube.

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Fig Paste

BOIL a pound of fresh figs in a cup of water. When the figs become soft, strain, and boil the liquor down one-half. Stir in a pound and a half of sugar, and boil slowly until a thick paste. Line a very shallow pan with paper, put the paste on while hot, let cool, lift the paper from the pan, cut the paste in little blocks, and roll in sugar.

Maple Cream, Boiled

Mix two pounds of maple sugar, a fourth of a teaspoon of cream of tartar and a cup of water, and boil until a little syrup will form a "soft ball" when tried in water. Set it away in the kettle until almost cold, and then work it with the paddle until it becomes creamy or cloudy, when pour immediately into a shallow tin pan. When cold turn the pan upside down, when the cream will drop out. Divide into blocks.

Honey Nougat

3 cups granulated sugar.
1½ cups of any desired nuts.
⅔ cup of strained honey.
⅔ cup of hot water.
White of one egg beaten stiff.

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BOIL the sugar, water and honey together until they make a rather hard boil when dropped in cold water. Remove from the fire, pour in the beaten white of the egg and beat briskly with a silver fork. After beating well pour in the nut meats, and beat until it becomes a hard, creamy mass, then pour into a buttered dish to cool.

Watermelon Nougat

2 cups of white sugar.
 $\frac{1}{2}$ cup of cold water.
 $\frac{1}{3}$ cup of golden syrup.
Whites of two eggs beaten stiff.
1 teaspoon of vanilla extract.
 $\frac{1}{2}$ cup of preserved watermelon rind chopped.
1 cup of chopped nut meats.

BOIL the sugar, water and syrup until the mixture becomes brittle when dropped in ice water. Remove from the fire and cool slightly, then pour over the whites of the eggs, beating well. Add the vanilla, watermelon rind and chopped nuts. Beat well and pour into a buttered pan to cool. Cut in squares.

Peanut Nougat

SHELL the peanuts, remove the skin, break into small pieces or not, as preferred. Take the same bulk of XXX

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confectioners' sugar (perhaps a trifle more) as of peanuts. Put the sugar in a saucepan, and as soon as dissolved throw in the nuts, stirring rapidly at the same time. Pour into a buttered pan, and press quickly into cakes with a buttered knife, as it cools very soon.

Almond Nougat

TAKE any number of blanched almonds, and the same bulk of XXX confectioners' sugar. Put the sugar in a saucepan, and as soon as dissolved throw in the almonds, stirring rapidly at the same time. Pour into a buttered pan, and press into cakes with a buttered knife, as it cools very quickly.

Recipe for Turkish Delight

(From Elihu Grant's *The Peasantry of Palestine*)

THE first essential is a perfectly clean cooking dish, as the secret of good Turkish Delight is to prevent burning or sticking.

One-half pound of corn starch, three pounds of sugar and ten cups of water are to be used.

The corn starch is to be dissolved in two cups of water and strained. The remaining eight cups of water, hot, and the sugar are to be made into a syrup. When the syrup is almost at the boiling point, clear with the

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white of an egg, skim off, add the juice of a half lemon and strain through a cloth.

Pour the corn starch solution into the hot syrup, stirring continually, and allowing the mixture to boil until very thick, an hour if necessary, stirring all the time to prevent sticking at the bottom. This constant stirring during the cooking is very important.

Blanched almonds and the flavoring (generally *mistkâ* gum) are put in just before taking the dish from the fire. The whole is then poured into a large shallow tin into which fine sugar has been sifted.

When the paste has cooled it may be scored and cut.

Chocolate Dominoes

Mix thoroughly together one-half of a cup of pecan nut meats, one-half of a cup of English walnut meats, one-half of a cup of figs cut in pieces, and one-half of a cup of dates (from which stones have been removed), forced through a meat chopper or finely chopped. Add the grated rind of one orange, one tablespoon of orange juice, and one square of melted unsweetened chocolate. Toss on a board sprinkled with powdered sugar and roll to one-third of an inch in thickness. Cut into the shape of dominoes, using a sharp knife. Spread thinly with melted unsweetened chocolate, and decorate with small pieces of blanched almonds to imitate dominoes.

IX.—GLACED NUTS AND FRUITS

Glacé Nuts

PUT two cups of granulated sugar, one cup of boiling water and one-eighth of a teaspoon of cream of tartar in a smooth graniteware saucepan. Stir, place on range, and heat to the boiling point. Boil, without stirring, until the syrup begins to discolor slightly. After a few minutes' boiling, the sugar will adhere to the sides of the pan; this should be washed off with a new sponge or bit of gauze, first dipped in cold water. Have a pan of cold water near at hand, dip the gauze in cold water, then quickly wash off a small part of the sugar and repeat until all the sugar adhering to the sides of saucepan is removed. Remove saucepan from fire, and place in a larger pan of cold water to instantly stop the boiling. Remove from cold water and place in a saucepan of hot water during the dipping. Take nuts separately on a long hat pin, dip in syrup to cover, remove from syrup, and place on oiled paper.

Method No. 2

THROW into the syrup one piece at a time the fruits to be glacéd; remove them with a fork and drop on the slab or pan. Candied fruit, such as cherries, pineapples,

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limes, apricots, etc., can be cut into squares and dipped, as can walnuts, Brazil nuts, dates and figs. Fresh Malaga and California grapes, tangerines and sections of oranges can also be glacéd.

Candied Orange Peel

1 cup water.

2 cups of orange peel.

1 cup sugar.

CUT the peel in long strips and measure two cups of them. Put them in a saucepan and pour the water over them. Cook until tender. Drain off the water and add the sugar. Gradually heat and when the sugar is melted cook over a slow fire until the peel is clear. Remove from the fire and when cool dip in dry granulated sugar and pack in jars. The peeling of grape fruit is delicious prepared this way, or a combination of the two half and half may be used.

Orange Balls

SOAK orange peel three days in cold water, changing the water each day. Then put the peel in hot water and boil until soft. Squeeze as dry as possible. Chop fine and weigh. Take the same amount of sugar and boil with a little water until it hairs. Add the chopped peel, boil a few minutes longer, take from the fire, cool, put on a

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baking board sprinkled with granulated sugar and mould into small balls. Roll in the sugar and spread on a plate to dry.

Angelica Glacé, With Different Kinds of Jelly

SELECT a few broad, hollow stalks, or reeds, of green preserved angelica, cut them in rather large lozenge or diamond shapes, fill up the hollows with stiff apple or currant jelly, or any other stiff preserve; dip in sugar, and place upon wire trays to dry.

Candied Nuts

ONE cup of brown sugar, one-half of a cup of water, one-third of a cup of corn syrup, one teaspoon of vinegar and one teaspoon of glycerine. Place all of the ingredients in a saucepan and boil to the snap stage. Place the nuts on a buttered, shallow pan, remove the saucepan from the fire and let stand three minutes, so that the syrup will cease to boil; then pour it over the nuts.

Candied Peanuts

CRYSTALLIZED or candied peanuts are prepared in the following way: Boil to the "crack" consistency two cups of granulated sugar, one cup of water and half a

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teaspoon of cream of tartar, taking care not to stir after it commences to boil. Remove from the fire and dip the nuts, from which the brown skin has been removed, one at a time. Cover well, then drop them on paraffine paper or buttered plates. All nuts and pieces of fruit may be treated in the same way

Glacé Nuts and Fruits

WHITE grapes, pieces of larger fruits and any nuts may be used. Boil the syrup until slightly caramelized and place in a dish of hot water. Using a clean hatpin or a fork, dip the fruit or nuts quickly in the syrup and place on oiled paper or a buttered platter.

Prune Glacé

SLIT firm prunes and remove the pits carefully, leaving the fruit intact. Stuff them with chopped dates and walnut meats and press them into regular form. Stick a wooden toothpick in the end of each prune like a stem. To glacé them, place two pounds of granulated sugar in a three-pint aluminum saucepan and add to it half a pint of water and a good pinch of pure cream of tartar. Set the pan over a blue flame and stir the mixture with a tablespoon until it boils, dissolving the sugar. Discontinue the stirring and let it boil for about twelve

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minutes, or until the syrup changes from a water-white to a maple tint, but not long enough to scorch it. The boiling is very easily done. When the syrup shows the desired color remove the pan containing it and set it in some convenient place, slightly tilted to get good depth of syrup. Now take a prune by its newly provided stem and plunge it quickly into the hot syrup; dip the fruit in just far enough to cover well. This operation takes only a second. Lift the prune out quickly and hold it stem down for an instant; then set it on an earthen platter. Have the stems in securely and dip them one after another so long as the syrup stays thin.

Sugared Nuts

BLANCH one pound of shelled almonds and put them with one pound of granulated sugar into a saucepan. Let the sugar melt slowly, then remove from the fire and stir until the syrup granulates or becomes sugar again. Put the pan on the fire again and stir until each nut is well covered and browned a golden brown. Put them out on wax paper and pick the nuts carefully apart with wooden skewers or toothpicks. When dry they are ready for the table; they will keep a long time. This rule came from a confectioner at Nice and was given to Linda Hull Larned.

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Hungarian Nut Candy

TAKE one-half pound of finely ground almonds, one-half pound of granulated sugar and stir in one tablespoon of cold water gradually; add the white of one egg beaten into a stiff froth and flavor with one teaspoon of vanilla. Mix ingredients well together and spread in a large buttered pan, smooth over with a wet knife and bake for about eight or ten minutes, taking care that it does not burn.

Titbits

PUT an equal amount of figs, stoned dates and nut meats through the meat chopper. Make into balls and roll in powdered sugar. These may be dipped in melted sweet chocolate.

Pineapple Rings

SELECT a pineapple and cut into rings one-fourth of an inch thick, or use sliced canned pineapple. Simmer in a thick syrup until it is firm and candied. Remove from the syrup and place them in a draining pan that has been well greased. When dry dip the rings in melted sweet chocolate and sprinkle with grated nut meats.

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Burnt Almonds

Two cups of brown sugar, one-half of a pound of almonds, one-half of a cup of water, one tablespoon of vinegar and one teaspoon of glycerine. Blanch the almonds and brown them in the oven. Place the other ingredients in a saucepan and boil until it forms a hard ball in water. Take from fire and allow to stand for three minutes. Stir almonds in with a fork until the candy begins to grain and harden. Pour on a buttered platter and pick out the almonds. Place them on a paraffine paper. Return the candy to the sauce pan, add a tablespoon of water and boil again. Repeat the process as before. If the coating is not sufficiently heavy, return to the fire and repeat the process a third time.

Candy Apples

CANDY apples are a delicious wholesome sweet for children. Remove the cores from as many small, red apples as are needed, fill the apples with nuts. Dip in a syrup of sugar and water which has been boiled until it is crisp, fasten skewers to apples and let them harden.

Candied Orange Peel

CAREFULLY remove all of the peel from four thin-skinned oranges in quarters. Cover with cold water,

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bring gradually to the boiling-point and let simmer until soft. Drain and remove all white portion by scraping with a spoon. Cut yellow portion in thin strips, using the scissors. Boil one cupful of sugar and one half of a cupful of water, until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain, and roll in fine granulated sugar.

X.—POPCORN DAINTIES, STUFFED DATES, PRUNES, AND MARSHMALLOWS

Hot Buttered Popcorn

POP the corn with extra care, place it in a coarse-mesh sieve and shake out all of the unpopped kernels. Place the corn in a large pan; if it becomes cold set it in the oven until it is quite hot. Soften a liberal supply of butter so that it will pour easily. Care should be taken lest the butter, when melting, turn to oil and change flavor by over-heating. Turn the butter over the hot corn in a fine stream and stir it through evenly with a large spoon. Sprinkle over the corn a handful of fine salt, sifting it evenly. Keep the pan in a warm place (covered) until wanted and serve the corn hot. It will remain fresh for some time if placed in paper bags.

Violet Popcorn

TAKE a cup of granulated sugar, one tablespoon of butter, three tablespoons of water, and a few drops of violet coloring. Boil until ready to candy. Have handy in a large earthen or wooden dish three quarts of freshly popped corn. Pour the candy over the corn,

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stirring briskly, until it is evenly distributed, and you will find each grain crystallized with violet sugar.

Popcorn Balls No. 1

THE corn must be nicely popped, and all of the hard grains rejected. Boil three-fourths cup of water with two cups of sugar until it will spin a heavy thread; remove from the fire, have the corn in a large bowl (three quarts will be needed for this amount of syrup), pour the sirup over the corn, and stir so every grain may be coated. Dip the hands in cold water or flour, and shape into balls quickly. Ten or twelve balls may be made, according to size.

Popcorn Balls No. 2

Two cups of molasses, one cup of brown sugar, one tablespoon of vinegar, and a piece of butter the size of a small egg. Make the candy in a large kettle. Take popcorn enough to fill a four-quart measure, salt it, and sift it through the fingers, that the extra salt and unpopped kernels may drop through. Then stir all the corn into the kettle that the candy will take, heap it on buttered platters or make it into balls.

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Popcorn Cakes

THE preparations are much the same for these as for popcorn balls, except that the corn must be rolled after popping, salting, and sifting. It is then mixed with the candy in the kettle, pressed into buttered tins after removal from the range, and cut into cakes with a sharp knife.

Popcorn Candy

TAKE a tablespoon of butter, three of water, and one cup of white sugar; boil until it is ready to candy and then add three quarts of nicely-popped corn. Stir briskly until the mixture is evenly distributed over the corn. Keep up the stirring until it cools, when each kernel will be separately coated. Close and undivided attention will be necessary to the success of this kind of candy. Nuts are delicious prepared by this method.

Cracker Jack

Two cups of sugar, one cup of molasses, one tablespoon of butter and two of vinegar; boil until the mixture snaps in cold water, then take from the fire and add half a teaspoon of soda; stir briskly and pour over the popped corn; stir thoroughly. Add peanuts with the corn if nut cracker jack is wanted.

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Sugared Popped Corn

PUT two tablespoons of butter in a saucepan and, when melted, add two cups of brown sugar and one-half cup of water. Bring to the boiling-point and let boil sixteen minutes. Pour slowly, while stirring constantly, over two quarts of popped corn and continue the stirring until every kernel is well coated with sugar.

Crystallized Honey Popcorn

1 teacup of white honey.

1 teacup of white sugar.

1½ tablespoons of butter.

1 tablespoon of water.

Boil until brittle when dropped in ice water.

Have 2 quarts of nicely popped corn ready and pour the syrup over it until evenly distributed, stir briskly until nearly cool.

Honey Popcorn Balls

TAKE a cup of strained honey, put it into a saucepan and boil until it will form a soft ball when dropped into cold water. Have ready a good-sized bowl of freshly popped corn. Pour the honey over it, mixing all the while. When a little cool grease the hands, mould the corn into balls and stand them on greased paper. A

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cup of sugar and half a cupful of water may be boiled to a syrup and used in the same fashion. These balls are the special delight of children.

Stuffed Dates No. 2

SHELL and remove meats from Brazilian nuts, leaving them whole as far as possible, and with a small sharp knife cut off the brown skin. Make a cut the entire length of the dates and remove the stones. Fill cavities with the Brazilian-nut meat, and shape in original form. Roll in granulated sugar and pile in rows on a small plate covered with a doily.

Stuffed Prunes

CHOP peanuts very fine and mix to a paste with powdered sugar, the white of an egg, and just enough sherry to flavor. Remove the stones from large prunes and fill the cavity with the peanut paste, then roll these prunes in powdered sugar.

Stuffed Dates No. 1

FOR this confection select rich, glossy Persian dates of the best quality, separate them, slit each with a thin-

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bladed penknife and remove the pit. Prepare a pound after this manner, then take a part of them (the inferior looking-ones) and mash or chop them to a pulp. Next chop a like quantity of English walnuts or hickory-nut meats rather fine and mix the minced dates and walnut crumbs into a dough-like consistency. Stuff each slitted date full with this rich mixture, using a three-tined steel fork. Wrap each date thus prepared in a small sheet of wax paper (size 4x6 inches) and twist the ends like molasses kiss papers.

Other excellent combinations are as follows: Seeded cluster raisins and blanched almond meats reduced to paste; crystallized ginger and glacé cherries minced; blanched roasted peanuts chopped fine and mixed with mashed figs. Freshly made peanut butter makes a delicious filling for stuffed dates.

Figs "En Surprise"

STEAM the best quality of figs until soft. Cool and make an incision in each lengthwise and stuff with one-half of a marshmallow and an English-walnut meat broken in pieces. Close and serve in individual paper cases.

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Marshmallows Made With Gelatine

These marshmallows are more wholesome than the better-known variety, and are made by dissolving two heaping tablespoons of powdered gelatine in eight tablespoons of cold water. Add the same quantity of cold water to two cups of granulated sugar and heat until dissolved. To this syrup put the dissolved gelatine, and partially cool. Flavor to taste, and do not omit a few grains of salt. Beat with an egg-beater until white and fluffy, then with a spoon until soft enough to smooth into a sheet. Butter square tins and dust thickly with powdered sugar; pour in the mixture and let cool. When it will no longer stick to the fingers, turn out upon waxed paper, dusted with powdered sugar, and cut into squares, rolling in the sugar to coat all sides evenly. Or roll in powdered macaroons, or toasted and rolled cocoanut, as preferred.

Marshmallows Arabic

To THREE ounces of pure gum arabic, dissolved in one cup of hot water and strained, put one cup of powdered sugar and boil ten minutes, stirring all the time. Have one egg white, stiff-beaten, and add on removing from fire, blending thoroughly. Flavor with rose, pistachio or orange-flower water. Turn into square pans, powdered with confectioners' sugar (cornstarch is cheaper)

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to the depth of one inch and when cold cut in inch squares, finishing with sugar as before.

Pineapple Marshmallows No. 1

HEAT two cups of sugar, half a cup of water and half a cup of honey over a slow fire. Then boil rapidly until it threads, and add eighteen marshmallows, cut in pieces, and the beaten whites of two eggs. Beat until the mixture is creamy, then add one cupful of chopped candied pineapple. When quite firm pour into an oiled pan and cut into squares. Roll in cornstarch and powdered sugar.

Pineapple Marshmallows No. 2

SOAK four ounces of gum arabic in one cup of pineapple juice until dissolved, then strain through cheesecloth. Put into a granite saucepan with a half-pound of powdered sugar, and set in a large pan of hot water over the fire. Stir until the mixture is white and thickened. Test by dropping a little in cold water. If it "balls," take from the fire and whip in the stiffly whipped whites of three eggs. Flavor with a teaspoon of vanilla or orange juice, then turn into a square pan that has been dusted with cornstarch. The mixture should be about

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an inch thick. Stand in a cold place for twelve hours, then cut into inch squares, and roll in a mixture of cornstarch and powdered sugar.

Lemon Marshmallows

SOAK three ounces of gum arabic in three-fourths of a cup of water, and strain through a napkin. Then add two cups of confectioners' sugar, and cook until the mixture is thick. Add the juice and grated rind of a lemon, and beat the stiff whites of three eggs into it. Grease a pan, dust with cornstarch, and pour the mixture into it. Sprinkle the top lightly with cornstarch, and let it stand for twelve hours. Cut into squares.

THE END

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